



JANUARY HEALTH TIP



Have you ever heard the term “Exercise is Medicine?” Well, it’s true! According to the Exercise is Medicine™ initiative, *research proves that exercise has a role in the treatment and prevention of more than 40 chronic diseases including diabetes, heart disease, obesity and hypertension.* Founded by the American College of Sports Medicine, this initiative is supported by an extensive list of partners including the President's Council on Physical Fitness and Sports, the American Medical Association, and the American Heart Association.

The Exercise is Medicine™ website offers a Public Action Guide for using exercise as a ‘medicine’ to help prevent or manage many of the most common chronic health conditions. It also helps you approach your health care provider to discuss physical activity as a part of a disease prevention and management strategy. One component of this guide is the “My Exercise Plan,” which includes links to the following resources:

- A [Pre-Exercise Assessment](#), which gives you an idea of what factors increase your risk for exercise related injury. You can share these results and the recommended exercise program with your personal physician.
- The [Barriers to Exercise Assessment](#) assesses seven potential barriers that make regular exercise difficult for you and provides solutions to overcoming your specific challenges.
- The [Exercise Time Finder](#) is a pre-made chart where you can write down at what times you will fit exercise into your schedule.
- The [Self-Assessment](#) enables you to map out your goals and plan, and to sign an agreement with yourself to begin or continue exercising.
- [Keep It Simple](#) provides different ideas and plans for aerobic, strength training and stretching exercises.
- [Create a Ritual](#) is a guide for helping you to make exercise a regular part of your routine and lifestyle.

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- Cost/Benefit Analyzer helps you examine the costs and benefits of regular exercise vs. inactivity.
- The Exercise Video Series covers information about aerobic exercise (the different types, intensity, frequency and duration), strength training, stretching and information about exercise and your health.

Check out these tools and other useful resources available at:

<http://exerciseismedicine.org/public.htm>. Exercise *is* powerful medicine, and your health can't wait- make the commitment to be more active today! When you feel great, it's easy medicine to take!

References:

Exercise is Medicine™, Exercise is Medicine Network, <http://exerciseismedicine.org/supporters.htm>

Exercise is Medicine™, Public, <http://exerciseismedicine.org/public.htm>

Exercise is Medicine™, The Keys to Exercise Success, <http://www.myexerciseplan.com/assessment/>